

All Organizations (128 orgs.)

Section III - Services for Employees

	Organizations		Avg	Mode		Range	
	#	%		Value	# Orgs	Low	High
Wellness Programs							
Organizations that sponsor programs and activities designed to promote and maintain the physical and psychological health of employees:	116	90.6%					
Of the organizations that sponsor these programs and activities, types of wellness programs offered:							
On-site vaccinations/flu shots	104	89.7%					
Weight reduction	77	66.4%					
CPR/First-aid/Defibrillator training	61	52.6%					
Fitness activities	65	56.0%					
Health screenings/risk assessments (HRA)	65	56.0%					
Health and wellness fairs	68	58.6%					
Ergonomic assessment	60	51.7%					
Stress reduction/management	51	44.0%					
Fitness center membership	44	37.9%					
Smoking cessation	51	44.0%					
Lunchtime wellness sessions	55	47.4%					
Informal sports leagues	37	31.9%					
On-site fitness center	42	36.2%					
Nutrition counseling	42	36.2%					
Well baby programs	20	17.2%					
Prenatal care	11	9.5%					
Health coach/wellness coach	24	20.7%					
Personal trainers	10	8.6%					
Women's health issues	13	11.2%					
Men's health issues	13	11.2%					
Medical consumerism training	10	8.6%					
Support groups	10	8.6%					
Wellness mentors	4	3.4%					
Types of communications provided about wellness activities:							
Printed material listing wellness activities	64	55.2%					
Wellness newsletter	40	34.5%					
Web information/web site	69	59.5%					
Banners/posters promoting wellness activities/programs	58	50.0%					
Email notices about wellness activities	100	86.2%					
Other	7	6.0%					
Intranet, newsletters, bulletin boards, staff meetings							
Types of supportive efforts offered for wellness programs:							
Healthy food choices program	37	31.9%					
Showers for exercisers	56	48.3%					
Release time for exercise	11	9.5%					
Preventative medical benefit coverage	48	41.4%					
Wellness policies	19	16.4%					
Wellness incentives	53	45.7%					
Bike racks	38	32.8%					
Walking paths/trails	43	37.1%					
Other	9	7.8%					
Weight loss and fitness reimbursement, paid registration fees for walk/run events, pedometers, discounted medical premiums for non-smokers, onsite yoga classes, ride your bike to work and fitness challenges.							